



# MVHS DAILY BULLETIN

Tuesday, April 11, 2023

This Week's Schedule	
Monday	White Day- Regular Schedule
Tuesday	Green Day- Extended Advisory Schedule
Wednesday	White Day -Regular Schedule
Thursday	Green Day- Regular Schedule
Friday	White Day- PM Assembly Schedule

MVHS Main Campus Extended Advisory	
Time	Period
8:00-9:10	1st/5th
9:15-10:10	Advisory
10:15-11:25	2nd/6th
<b>11:30-12:00</b>	<b>Lunch A</b>
12:05-1:15	3rd/7th
11:30-12:40	3rd/7th
<b>12:45-1:15</b>	<b>Lunch B</b>
1:20-2:30	4th/8th
2:35-4:00	9th/10th

## IMPORTANT DATES

- Early Release Days in April: 19 & 26
- MVHS Science Night: Thur, April 20, 5-8pm
- National Bulldogs are Beautiful Day: April 21
- MVHS Prom: Saturday, April 29
- MVHS Graduation: Friday, June 9, 2023
- Last Day of School: Friday, June 16, 2023

## UPCOMING ACTIVITIES & EVENTS

- Tuesday, April 11:**
  - Pizza with a Pro, C&C Center, lunches
- Friday, April 14:**
  - Senior Bowling Event, 6-8pm, Riverside Lanes, Register here: [Senior Bowling](#)
- Monday, April 17:**
  - ASB Office & Senate Position Apps Due

## AFTER SCHOOL OPPORTUNITIES

- Bulldog E.D.G.E.** - Homework help, MVHS Library M-R, 2:30-4pm, ER Days 12:30-2:45 pm
- Boys & Girls Club** - Activities, MVHS Cafeteria Every Monday-Friday, 2:30-5pm
- Late Bus** - N. Cafeteria Doors M-R 4pm pick up, E.R.days 3pm

## Slavic Heritage Language Club

Club will meet on Mondays after school at 2:30, in CTE.

## Pizza With A Pro

Join us in the College and Career Center **TODAY, Tuesday 4/11** for a Pizza with a Pro with HF Sinclair Refinery. Learn about exciting careers in the industry. See you there!

## MVHS Prom Information

Prom is **Saturday, April 29** at Skagit Valley Convention Center. If you are planning to take a guest who does not attend MVHS, be sure to pick up a [Guest Dance Permission Form](#) at the front office. For more information, watch the video. [MVHS Prom](#)

## Interested in running for an ASB Officer or Senate position?

Complete the following [APPLICATION](#) by **4/17/2023** and be sure to have your slide and video turned into Mr. Hornbacher ([thornbacher@mvsd320.org](mailto:thornbacher@mvsd320.org)) no later than 4/24/2023.

## Attention 9th, 10th and 11th Graders!

The application for the 23-24 National Honor Society is now open. Check your grade level google classroom for the link. Applications are due by 3pm on **May 5th**.

## Yearbook is now accepting applications!

Interviews will begin **May 2nd**. See Mr. Hornbacher if you have any questions. Complete online [APPLICATION](#)

### TIMELINE

- APPLICATIONS DUE:4/17
- ELECTIONS SLIDE AND VIDEO DUE: 4/24
- CAMPAIGNING: 4/17- ELECTION DAY (5/2 FOR OFFICERS & 5/9 FOR SENATORS)
- ELECTION DAY: 5/2 FOR OFFICERS AND 5/9 FOR SENATORS

# ATHLETIC DEPT NEWS

MVHS Schedule found here: [TEAM EVENTS](#)

Purchase Bulldog spirit wear here: [SPIRIT STORE](#)

## MVHS CLUBS

- ART Club** - meets Tues/Thurs, 2:30-4, AG1
- AVID Club** - every other Monday, CTE-1, 2:40
- Debate Team** - Mon/Tue, 3-5pm, Admin 114
- DECA** - Tuesdays, 2:30PM, N102
- FBLA** - Mondays, 2:35PM, CTE 9
- FCCLA** - meets Mondays, 2:45 pm, NM321
- FFA** - Mondays, 2:40pm, in CTE2
- Gaming Club** - White Thursdays, 2:30-4pm, N120
- Garden Club** - Every other Thurs, 2:30pm, CTE-2
- Key Club** - Weds, Early Release, 2:45pm, N206
- LUCHA Club** - Thursday's at 2:30 in NM223
- Migrantes Unidos MV** - Tuesdays, 2:45pm, OM114
- Outdoor Leadership** - Frid's, 2:40pm, Friendship Cir
- Pacific Islander Assoc.** - Thurs, 2:45 pm, OM 108
- Pride Club** - Mondays, 2:45pm, OM308
- Robotics Team** - Tues/Fri, 3:30- 6:30 in CTE 10
- TSA** - meets Thursdays, 2:45pm, CTE 6

## IMPORTANT NUMBERS:

- Athletic Office: 360-428-6191**  
Sports Schedules and Event Information
- Attendance Office: 360-428-6153**  
Report Student Absence or Tardy
- College & Career Center: 360-428-6256**
- Counseling Office: 360-428-6156**  
Registration, Schedules, Transcripts, Running Start
- MVSD Student Health Services, 360-428-6151**
- Transportation: 360-428-6147**  
Bus and Schedule Information

If you would like to receive the **MVHS DAILY BULLETIN**

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## USEFUL LINKS

- [Art Department](#)
- [College & Career Center](#)
- [Music Department](#)
- [MVHS Counseling](#)
- [Athletic Event Schedule](#)
- [MVHS Website](#)
- [Student Health Services](#)
- [MVHS Instagram](#)
- [Student Health Services](#)
- [MVHS Facebook](#)
- [MVHSTV](#)
- [TEA WITH DR. V](#)



## Class of 2023 Graduation Guide

### Seniors, please complete the Senior Survey.

- 1) We want to learn about your plan for after high school.
- 2) We have provided information about making a final transcript request.
- 3) SCHOLARSHIPS (See below): List the merit based scholarships you have been awarded, including those to schools you are not planning to attend. These scholarships will be listed in the "Graduation Program". If you receive new or additional scholarships, please complete this survey again to provide us with that information.

Access the [Senior Survey](#) here, in your Senior Google Classroom or on the College and Career Center Website.

**Join us on a Field Trip** to the Northwest Carpenters Institute on **April 24th** to learn more about apprenticeship opportunities for after graduation. Permission slips are available in the College and Career Center. Space is limited.

### Pay Your Fines

- Check your fees & fines in Skyward or with Ms. Duncan, in ASB.
- Return all Library/Textbooks you are not using to the library
- Pay your fines in Skyward Family Access, the phone (360-428-6174) with debit/credit card or in the ASB Office.

### Cap & Gown

Order your grad cap & gown [MVHS Grad 2023 Order Link](#)

## Important Dates For Seniors:

**Friday, 4/14:** Senior Bowling Event, 6-8pm, Riverside Lanes, Register here: [Senior Bowling](#)

**Wednesday, 5/31:** Library, text & Chromebooks due to library.

**June 1, 2, 5 & 6:** Senior Semester Finals

**Friday, 6/9:** Last day to pay fines & fees. Pay by noon.

**Friday, 6/9:** Graduation, 7PM at [Angel of the Winds Arena](#), 2000 Hewitt Avenue, Everett, Washington

## MONTHLY WELLNESS TIPS

*From your MVHS Counseling Team*

April 2023 Issue #5

As we begin the month of April on Spring Break it is the perfect opportunity to pause and reflect on what's been going on in your life and how you've been feeling. With the busyness of school, work, and other responsibilities, it is important to take time to rest and recharge. Here are some simple ways to mentally recharge so that you're better equipped to continue taking on the challenges that life brings:

1. Make a mental list of the accomplishments you've made over the past month, big or small
2. With the Spring weather coming, take some time to get outside, go for a walk, or take a few moments to breathe in the fresh air.
3. Take a social media/technology break
4. Declutter/ organize your workspace, backpack, bedroom, etc.
5. Do something fun that doesn't use a lot of brain power (watch your favorite movie, bake cookies, catch up on your favorite podcast, watch live-animal cams, color/draw)





# April 2023

## Mount Vernon High School Special

### Growing Healthy Students!

Monday	Tuesday	Wednesday	Thursday	Friday
<b>27-Mar</b>	<b>28-Mar</b>	<b>29-Mar</b>	<b>30-Mar</b>	<b>31-Mar</b>
MASHED POTATO BOWL WITH POPCORN CHICKEN	CHICKEN BACON RANCH BURGER	MANDERIN ORANGE CHICKEN	CHEESE STUFFED BREADSTICKS WITH MARINARA SAUCE	MEATBALL SUB SANDWICH
CORN	CHIPS	RICE AND BROCCOLI	FRUIT SNACKS	CHIPS
FRESH FRUIT AND VEGGIES	FRESH FRUIT AND VEGGIES	FRESH FRUIT AND VEGGIES	FRESH FRUIT AND VEGGIES	FRESH FRUIT AND VEGGIES
1% WHITE MILK OR CHOCOLATE MILK	1% WHITE MILK OR CHOCOLATE MILK	1% WHITE MILK OR CHOCOLATE MILK	1% WHITE MILK OR CHOCOLATE MILK	1% WHITE MILK OR CHOCOLATE MILK
<b>3-Apr</b>	<b>4-Apr</b>	<b>5-Apr</b>	<b>6-Apr</b>	<b>7-Apr</b>



<b>10-Apr</b>	<b>11-Apr</b>	<b>12-Apr</b>	<b>13-Apr</b>	<b>14-Apr</b>
BAKED POTATO W/SHREDDED CHEESE, SOURCREAM	FETTUCINNE ALFREDO	SWEET CHILI CHICKEN RICE BOWLS	SPAGHETTI WITH MEATSAUCE WITH BREADSTICKS	BEEF TERIYAKI BOWL WITH RICE
CHILI & CORNBREAD	GARLIC BREAD	BROCCOLI & CARROTS	PARMESAN CHEESE	AND BROCCOLI
FRESH FRUIT AND VEGGIES	FRESH FRUIT AND VEGGIES	FRESH FRUIT AND VEGGIES	FRESH FRUIT AND VEGGIES	FRESH FRUIT AND VEGGIES
1% WHITE MILK OR CHOCOLATE MILK	1% WHITE MILK OR CHOCOLATE MILK	1% WHITE MILK OR CHOCOLATE MILK	1% WHITE MILK OR CHOCOLATE MILK	1% WHITE MILK OR CHOCOLATE MILK
<b>17-Apr</b>	<b>18-Apr</b>	<b>19-Apr</b>	<b>20-Apr</b>	<b>21-Apr</b>
BAKED POTATO W/SHREDDED CHEESE, SOURCREAM	SPAGHETTI WITH MEATSAUCE WITH BREADSTICKS	SWEET CHILI CHICKEN RICE BOWLS	FETTUCINNE ALFREDO	BEEF TERIYAKI BOWL WITH RICE
CHILI & CORNBREAD	PARMESAN CHEESE	BROCCOLI & CARROTS	GARLIC BREAD	AND BROCCOLI
FRESH FRUIT AND VEGGIES	FRESH FRUIT AND VEGGIES	FRESH FRUIT AND VEGGIES	FRESH FRUIT AND VEGGIES	FRESH FRUIT AND VEGGIES
1% WHITE MILK OR CHOCOLATE MILK	1% WHITE MILK OR CHOCOLATE MILK	1% WHITE MILK OR CHOCOLATE MILK	1% WHITE MILK OR CHOCOLATE MILK	1% WHITE MILK OR CHOCOLATE MILK
<b>24-Apr</b>	<b>25-Apr</b>	<b>26-Apr</b>	<b>27-Apr</b>	<b>28-Apr</b>
BAKED POTATO W/SHREDDED CHEESE, SOURCREAM	SPAGHETTI WITH MEATSAUCE WITH BREADSTICKS	SWEET CHILI CHICKEN RICE BOWLS	FETTUCINNE ALFREDO	BEEF TERIYAKI BOWL WITH RICE
CHILI & CORNBREAD	PARMESAN CHEESE	BROCCOLI & CARROTS	GARLIC BREAD	AND BROCCOLI
FRESH FRUIT AND VEGGIES	FRESH FRUIT AND VEGGIES	FRESH FRUIT AND VEGGIES	FRESH FRUIT AND VEGGIES	FRESH FRUIT AND VEGGIES
1% WHITE MILK OR CHOCOLATE MILK	1% WHITE MILK OR CHOCOLATE MILK	1% WHITE MILK OR CHOCOLATE MILK	1% WHITE MILK OR CHOCOLATE MILK	1% WHITE MILK OR CHOCOLATE MILK



EACH LUNCH COMES COMPLETE WITH SALAD BAR OR FRESH VEGETABLE, CHOICE OF FRESH FRUIT, AND MILK

**MEAL PRICES:**  
ELEMENTARY BREAKFAST & LUNCH: NO CHARGE  
ADULT LUNCH & SALAD BAR: \$5.00  
SIDE MILK: \$0.75

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER. MENU SUBJECT TO CHANGE WITHOUT NOTICE.  
**QUESTIONS? CALL DAVID CONNORS, FOOD SERVICES DIRECTOR, AT (360) 428-6149.**



#### NONDISCRIMINATION

The Mount Vernon School District does not discriminate in employment, programs, or activities on the basis of age, race, color, national origin, creed, religion, sex, sexual orientation, gender expression, gender identity, honorably discharged veteran or military status, or the presence of any sensory, mental or physical disability or use of a trained guide dog or service animal by a person with a disability and provides equal access to the Boy Scouts and other designated youth groups. Inquiries regarding compliance and/or grievance procedures may be directed to the District's Title IX/Civil Rights Compliance Coordinator, Bill Nutting, Assistant Superintendent, 124 E. Lawrence Street, Mount Vernon, WA 98273 (360)428-6110; Section 504/ADA Coordinator, Clint Carlton, Executive Director/Student Support Services, 920 S. Second Street, Mount Vernon, WA 98273, (360)428-6141.

#### MISTAKES & ERRORS

The author of this bulletin is human, so please do not be surprised if there are occasional errors. Thank you.